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Concept of Ratri- Jagarana (Night Awakening) W.S.R. to Lifestyle Disorders

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Abstract:

Nidra (Sleep) is considered as one of the three pillars of healthy life in *Ayurveda*. Proper sleep is the key to healthy life, but in today's era our lifestyle became too fast and busy that we don't have time to take a proper sleep. This is the main cause of today's Lifestyle disorders viz. Diabetes mellitus, Hypertension, Acidity, & the mental problems like Depression, Anxiety, etc. This study is the literary overview of the Concept of *Ratri-Jagarana* (Night Awakening), its relation with today's Lifestyle & its study as a cause of Lifestyle Disorders.

Key words: *Nidra*, *Ratri-Jagarana*, Life Style Disorders.

Introduction:

Ayurveda is the Science of life¹. This mainly focuses on physical, mental, social & spiritual health; as well as explains about how to attain the supreme quality of health by avoiding harmful events in life². *Nidra* (sleep) has a unique role in the maintenance of health & it is explained in the concept of *Trayopasthambha* (Three Pillars of Healthy Life)³. *Nidra* is a special state of mind in which association of mind with *Indriyas* gets detached. This detachment from external objects or *Indriya Vishaya* results from the tiredness of mind & body⁴. Proper sleep is the key to healthy life, but in today's era of Competition, our life became too fast and busy that we don't have time to take a proper sleep. This leads to the hazardous conditions viz. Diabetes Mellitus, Hypertension, Acidity & the mental problems like Depression, Anxiety etc. In this study we had a literary overview over the Concept of *Ratri- Jagarana* in relation with today's Life style and how it leads to the diseases.

Disadvantages of Ratri- Jagarana:

Ratri – Jagarana is the main cause of increasing *Rukshatva* (dryness) in the body⁵. This is explained as the main cause for vitiation of *Vatadi Doshas*; leads to the *Raktadushti*, hence producing different diseases in the body as well as in the mind⁶.

Even *Nidra* is considered as one of the *Adharaniya Vegas*. *Ratri – Jagarana* is nothing but the *Dharana* of this Vega; this leads to Yawning, Body ache, Heaviness in Body & Eyes, and Headache⁷.

Today's Lifestyle & Ratri – Jagarana:

We need to have an overlook on today's lifestyle in order to distinguish between *Nidra Kaal* (time of sleep) & *Ratri – Jagarana*. First of all we need to focus on the word '*Ratri*'. *Ratri* is nothing but the time duration between Sunsets to Sunrise. It starts after the first *Prahara* of Sunsets and ends at Sunrise. A person is expected to sleep after one *prahara* of Sunsets & woke up at *Brahmi-Muhurta* (before one *prahara* of Sunrise), in order to acquire a good health (Physically & Mentally)⁸.

As we know in today's era our lifestyle does not allow us to sleep until mid-night. One more concept explains that the first stage of night is of *Kapha Pradhanatva*, Second one is of *Pitta Pradhanatva* & the last one is of *Vata Pradhanatva* 9. By this concept we come to know that, we are expected to sleep in *Kapha Pradhana Kaal* so as to get sound sleep. As at this time due to *Kapha Pradhanatva* in the body, we can get into the sound sleep more easily. But we don't sleep until the second stage of night; this is the *Pitta Kaal* and this won't allow us to sleep properly, leading to the *Pitta Prakopa*; which causes *Pittaj vyadhis* like Hyper-Acidity, Indigestion etc. Again we are expected to wake up in the *Brahmi Muhurta* which is supposed to be the *Vata Pradhana Kaal*. Waking up at this time supports *Mala -Mutra Vegas* to function properly due to the *Chala Guna* of *Vata*. But now a day people wake up after Sunrise, this is supposed to be the *Kapha Pradhana kaal*. This is the main cause of *Vegavrodha*; leading to the *Vatadi Dosha* vitiation causing number of disorders henceforth. Sleeping after Sunrise may be considered as *Divaswapna*, this leads to the further *Kapha Dushti* causes further vitiation of *Vata Dosha*, and produces *Vataja* & *Kaphaja Vikara* like *Prameha* (Diabetes)¹⁰, *Sthoulya*, *Vatavyadhis* etc.

Discussion:

Today's life is so fast & competitive that most of the time people remain in anxious state of mind. *Ayurveda* gave a complete and systematic understanding about the effect of sleep on our Physical & Mental health. Sleep is the natural state of body. *Ayurveda* tells a comfortable sleep provides the healthy body, strength, virility, sharpened senses and longevity. While the improper sleep causes various problems like fatigue, weakness, numbed senses, even sterility and may leads to death. If we don't follow the usual pattern of sleep, it affects *Doshas*. Daytime sleep increases *Kapha*; while *Ratri – Jagarana* leads to increase of *Vata dosha*, this leads to the dryness of body causing related health problems. *Ratri – Jagarana* is one of the major causes for *Shirorogas* (diseases of Head & Neck); leading to the Anxiety, Stress, Depression and all other mental problems. Sleep should be taken in appropriate time in order to maintain the physical and mental health. Today's lifestyle disorders are the product of this improper sleep with respect to time.

Conclusion:

Today's hectic lifestyle results in *Ratri – Jagarana*, as we could not sleep in proper time. Leading to the imbalances of the *Doshas*, causes many of the health hazards like Diabetes Mellitus, Hypertension, Acidity & the mental problems like Depression, Anxiety etc. In order to maintain the physical and mental health, it is necessary to follow the daily regimens of *Ayurveda*. Proper *Nidra* is the prime tool to maintain the good physical and mental health. *Ratri – Jagarana* (night awakening) should be understood better in relation with today's Lifestyle and it should be avoided to live happy and healthy life.

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